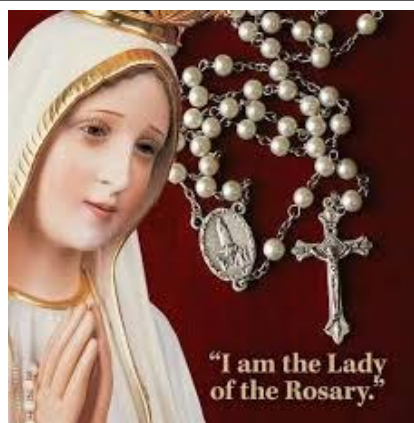




# Knights of Columbus Blessed Sacrament Council 13240

## KNIGHTLY NEWS

OCTOBER 2024



### October: The Holy Rosary

### Upcoming Events

- Oct 3 - Council Meeting  
Rosary @ 6:30PM  
Meeting @ 7PM
- Oct 5 – Golden Ticket Sales begin
- Oct 8 – Knights in Adoration 4PM
- Oct 10 – Assembly Meeting 7 PM
- Oct 12 & 13 – Golden Ticket Sales  
Continue
- Oct 19 & 20 – Knights' Food  
Drive Weekend
- Oct 19 & 20 – Knights Host  
Hospitality Weekend
- Oct 20 – Golden Ticket Sales End
- Oct 20 – Knight's Blood Drive
- Oct 24 – Golden Ticket Drawing

### *Golden Ticket Raffle is Back!* *(Fall Fundraiser, 2024)*

This is one of our biggest fundraisers of the year. Tickets will go on sale starting Saturday, 5 October (we will be looking for volunteers to help sell them). We need donations of Florida Lottery Scratch off tickets. Our winners receive \$300 and \$100 worth of scratch offs, so we need those donations. Bring the scratch off tickets (or cash and we will buy them for you) to the October Council meeting or give them to an officer at Mass.

### Calling All Knights

We would like all Knights to attend Adoration on October 8<sup>th</sup> at 4 PM in Our Lady's Chapel. Let's get together and spend an hour with the Lord and each other. Together we are stronger! Can you make it?



### Blood Drive is This Month

You can make an appointment by logging onto the One Blood website (<https://www.oneblood.org>) and selecting the Knights of Columbus Blood Drive on **October 20th**

### Online Communications:

- Do you want to have the newsletter sent to your email or do you want to get a link to the newsletter on the website?
  - Do you want to receive the council meeting minutes via email?
- Your input will shape the way that we make information accessible to you. This month the newsletter was sent to you via email. Please reply to that email with your responses to the questions above, or email [daveswathwood@gmail.com](mailto:daveswathwood@gmail.com) with your responses. Thank you



## KNIGHTLY NEWS OCTOBER 2024

### October in Your Catholic Church

#### Prayer for the month of October: The Month of the Holy Rosary

"O Virgin Mary, grant that the recitation of thy Rosary may be for me each day, in the midst of my manifold duties, a bond of unity in my actions, a tribute of filial piety, a sweet refreshment, an encouragement to walk joyfully along the path of duty".  
Amen!

*If you don't already, could you resolve to pray the most Holy Rosary of the Blessed Virgin Mary every day during the month of October?*

#### Monthly Intentions for October 2024.

##### Pray for: The Church to continue to sustain a synodal lifestyle

We pray that the Church continue to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people.

#### Lecturer's Corner

By: Brother Pete Stauder

### Amendment #4 to the Florida Constitution – Limit Government Interference with Abortion.

Well, who would not like to limit government interference in our lives and choices!  
A clever play on words that will lead many to mark yes on this without reading it or understanding what they are voting to approve. Don't be fooled!

If approved this change will, among many other things, (1) remove parental consent from a minor's decision to have an abortion and (2) cause litigation to challenge current laws that cover such things as physician determination, licensing and sanitation, admitting privileges, medical screening, waiting period and Medicaid funding of abortion. As taxpayers we will bear the cost of the litigation to defend our position in all these cases.

**Vote NO on #4! Tell all your friends, family and anyone you meet.**

#### Knights Help

The Knights of Columbus support the church, and the church needs our support. Did you attend the ministry fair that was held on September 21<sup>st</sup> & 22<sup>nd</sup>? Did you sign up to be a part of a ministry that brings the Mass to the Parish?

Blessed Sacrament Catholic Church, OUR church, needs members to participate in the different ministries that bring the Mass to the parish. Hospitality, Extraordinary Ministers of Holy Communion, Lectures and Extraordinary Ministers of Holy Communion for the Sick and Homebound, are all vital ministries in need of our support. If you feel the call to volunteer in any of these ministries contact Marie Messner in the church office for more information.

## **America's 3 Big Health Problems**

There's both good and bad news in the United Health Foundation's annual report. Unfortunately, millions of Americans live with chronic conditions like heart disease, diabetes and cancer. We've also reached a new national high. Obesity increased 15% between 2011 and 2019 and now affects more than 70.4 million adults.

But the good news is that many of our health problems are preventable or treatable. The percentage of adults with three or more chronic conditions declined between 2018 and 2019. More people are also getting the flu and HPV vaccinations than ever before.

However, we still have work to do when it comes to living healthier lifestyles. Here are three areas of our lives we could improve right now.

### **Mental Health**

The 2020 report uncovered that poor mental health increased by 11%. That means nearly 1.3 million American adults are in mental health distress. Suicides had also spiked 23% from 2009 to 2018.

Luckily, more people also sought help, whether through counseling, medication or other therapies. If you feel hopeless, call your provider right away, visit the ER or call the National Suicide Prevention Lifeline at 800-273-8255.

### **Smoking**

Though numbers are declining overall, nearly 16% of the population still smokes. Smoking is the leading cause of preventable death and disease and contributes to 480,000 deaths annually. It also reduces smokers' lifespans by a decade, on average. More than 16 million Americans have ailments caused by smoking, such as heart disease, pulmonary disease, diabetes or cancer. However, one year after quitting smoking, you'll reduce your risk of coronary heart disease by 50%. It will also save money. At \$6.96 per pack on average, it will cost you over \$2,500 annually to be a pack-a-day smoker.

### **Sugar**

Many Americans overeat, and part of that includes sugar intake. High sugar consumption leads to obesity and related health problems such as diabetes and long-term organ damage. Your primary care doctor can be the first line of defense in the fight against diabetes. It's essential to have regular screenings and track your blood sugar levels. If you have diabetes or pre-diabetes, talk with your doctor about healthy ways to meet your blood sugar goals. Drinking one 16-ounce bottle of soda per day adds up to 10 pounds of extra body weight. If you go through a pint of ice cream every week, quitting will reduce your yearly calorie intake by more than 27,000 calories.

**Hey Brother,  
Did you  
Know.....?**

***Vivat Jesus***

## **KNIGHTLY NEWS    OCTOBER 2024**

### **Big Month for these Brothers**



### **Jubilee Year 2025**

The Holy Father has announced that 2025 will be a Jubilee Year, something which happens every 25 years. The theme for Jubilee 2025 is "Pilgrims of Hope", it will begin on December 24, 2024 and end on December 23, 2025. The year is intended to be a time of hope for the world, which is suffering from war, the effects of the COVID-19 pandemic, and climate change.

As the Universal Church looks toward the Jubilee Year 2025 (the 2,025<sup>th</sup> anniversary of the incarnation of our Lord), it is an "event of great spiritual, ecclesial, and social significance in the life of the Church."

The Holy Door of Saint Peter's Basilica will open on December 24, 2024, and close on December 23, 2025. Pilgrims travel to Rome during a Jubilee to pass through the Holy Door in search of special graces and God's mercy.

The logo shows four figures stylized to indicate humanity coming together from the four corners of the earth. They are embracing each other to indicate the solidarity and brotherhood which joins the peoples. The figure at the head is holding onto the cross.



### **Which Saint said this?**

*"Some people are so foolish that they think they can go through life without the help of the Blessed Mother. Love the Madonna and pray the rosary, for her Rosary is the weapon against the evils of the world today. All graces given by God pass through the Blessed Mother."*

Saint Padre Pio

### **Assembly 3025 News**

Monthly Meetings: 2nd Thursday of each Month at 7PM in the Adult Ministry Building, 1190 Desoto Street, Clermont FL

### **Want to become a 4<sup>th</sup> Degree Knight?**

Talk to Steve Cruz or any of the 4<sup>th</sup> Degree Knights to take the next step.

### **Council 13240**

Monthly Council Meetings are every first Thursday of the month at 7PM. We will pray the Rosary before the meeting starting at 6:30PM.

### **Birthdays**

Robert Britten FDD 10-03  
Robert Richey 10-03  
Robert Berardi PGK 10-04  
Kenneth Krewson 10-04  
Donald Paradis 10-09  
Steve Cruz Jr 10-12  
US Navy 10-13  
Rev Roy Eco 10-17  
Rosario Sulsenti FDD 10-24  
Leo Brand II 10-25

### **Spouse Birthdays**

Mary, wife of Eugene Landry 10-07  
Donna, wife of Karl Grabowski 10-31

### **Anniversaries**

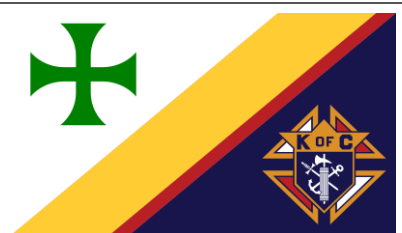
Robert & Jean Britten 10-18  
Karl & Donna Grabowski 10-31

### **Ordination Anniversaries**

None

### **Years of Service Anniversaries**

Charles Miller Jr 53  
Edward Mementowski 42  
William Overbay 23  
Alan Hite 21  
Wilhelmus Pouw 16  
David Garanito 12  
Dr Robert Scalice 12  
Dockins Grantham 10  
Antonino Como 3  
Joshua Fonollosa 3  
Gregory White 2



### A POWERFUL WEAPON: 14 QUOTES ON THE HOLY ROSARY

We live in evil times. I hardly need elaborate the multitude of crises that fill the globe. Sadly, many are being swept away by this flood of evil and are succumbing to an overwhelming anxiety and discouragement. But no matter how tempting it is, we must not shrink back. We must pray and fast with a living faith and a firm confidence—and there is no better way to do this than by praying the Holy Rosary.

Through this prayer of immense power, countless miracles have been obtained and victories won. In fact, we celebrate the feast of the rosary on this day, because through it, a powerful military victory was obtained at the battle of Lepanto. In these dark days, we must not be afraid. Like our forebears in faith, we must once again turn again to the rosary, calling on the Immaculate Virgin to come to our assistance and put our enemies to flight.

Here are 14 quotes to encourage you in praying this powerful prayer.

1. *"The Rosary is the 'weapon' for these times."* -Saint Padre Pio
  2. *"Give me an army saying the Rosary and I will conquer the world."* — Blessed Pope Pius IX
  3. *"The greatest method of praying is to pray the Rosary."* — Saint Francis de Sales
  4. *"Go to the Madonna. Love her! Always say the Rosary. Say it well. Say it as often as you can! Be souls of prayer. Never tire of praying, it is what is essential. Prayer shakes the Heart of God, it obtains necessary graces!"* -St. Padre Pio
  5. *"The holy Rosary is a powerful weapon. Use it with confidence and you'll be amazed at the results."* -St. Josemaria Escriva
  6. *"Say the Holy Rosary. Blessed be that monotony of Hail Mary's which purifies the monotony of your sins!"* -St. Josemaria Escriva
  7. *"For those who use their intelligence and their study as a weapon, the Rosary is most effective. Because that apparently monotonous way of beseeching Our Lady as children do their Mother, can destroy every seed of vainglory and pride."* — St. Josemaria Escriva
  8. *"You always leave the Rosary for later, and you end up not saying it at all because you are sleepy. If there is no other time, say it in the street without letting anybody notice it. It will, moreover, help you to have presence of God."* — St. Josemaria Escriva
  9. *"The Rosary is a powerful weapon to put the demons to flight and to keep oneself from sin...If you desire peace in your hearts, in your homes, and in your country, assemble each evening to recite the Rosary. Let not even one day pass without saying it, no matter how burdened you may be with many cares and labors."* — Pope Pius XI
  10. *"The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description."* — Archbishop Fulton Sheen
  11. *"The Rosary is the most excellent form of prayer and the most efficacious means of attaining eternal life. It is the remedy for all our evils, the root of all our blessings. There is no more excellent way of praying."* Pope Leo XIII
  12. *"No one can live continually in sin and continue to say the Rosary: either they will give up sin or they will give up the Rosary"* — Bishop Hugh Doyle
  13. *"The Most Holy Virgin in these last times in which we live has given a new efficacy to the recitation of the Rosary to such an extent that there is no problem, no matter how difficult it is, whether temporal or above all spiritual, in the personal life of each one of us, of our families...that cannot be solved by the Rosary. There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary."* -Sister Lucia dos Santos of Fatima
  14. *"Here is an example to help you understand the efficacy of the Rosary. You remember the story of David who vanquished Goliath. What steps did the young Israelite take to overthrow the giant? He struck him in the middle of the forehead with a pebble from his sling. If we regard the Philistine as representing evil and all its powers: heresy, impurity, pride, we can consider the little stones from the sling capable of overthrowing the enemy as symbolizing the Aves of the Rosary.*  
*"The ways of God are entirely different from our ways. To us it seems necessary to employ powerful means in order to produce great effects. This is not God's method; quite the contrary. He likes to choose the weakest instruments that He may confound the strong: "God chose what is weak in the world to shame the strong — Infirma mundi elegit ut confundat fortia"(1 Cor 1:27).*  
*"Have you not often met poor old women who are most faithful to the pious recitation of the Rosary? You also must do all that you can to recite it with fervour. Get right down, at the feet of Jesus: it is a good thing to make oneself small in the presence of so great a God."* — Dom Columba Marmion, Christ, the Ideal of the Priest
- If you practice no other devotion in the spiritual life, pray the rosary. Through it, you will obtain all that you need and will vanquish the enemies of your soul. Through it, you will find peace and joy in the trials of life. Conquer the devil—pray the rosary!



**Knights Investment Corner****Update Your Beneficiaries**

Sometimes it is easy to overlook the simplest of things.

Take, for example, the beneficiaries on your life insurance policies. If your policy was applied for and issued several years ago, it may very well be that the person you originally selected as the beneficiary is no longer the person you would want to receive the policy proceeds. If you bought the policy when you were single, for example, you may have named your parents as beneficiaries. If you have since married, your policies should be updated to reflect your spouse as beneficiary. Maybe you've had children since, who are not named on the policies.

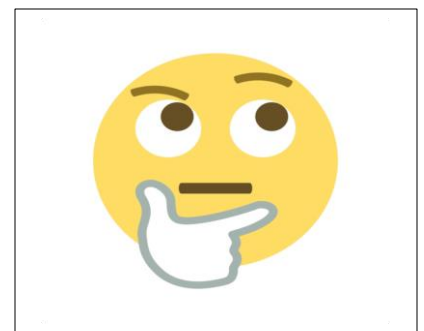
Most people list a primary beneficiary, who is specifically designated as the first in priority to receive policy proceeds. We also encourage the naming of a contingent beneficiary, an alternate person designated to receive policy proceeds, usually in the event that the original beneficiary pre-deceases the insured.

I routinely call all of my policyholders for annual review appointments, usually near the anniversary date of your policy – that is, the date it was originally issued. One of the matters that I'll discuss during this review is the status of your beneficiary designations. If they need updating, and they often do, I can complete the paperwork during that appointment.

I look forward to meeting with each of you to discuss your family's needs.

Vivat Jesus!

Larry Kennedy-FICF MDRT  
407-579-9888/Financial Advisor  
Knights of Columbus  
[Lawrence.kennedy@kofc.org](mailto:Lawrence.kennedy@kofc.org)

**Are you a 1<sup>st</sup> or 2<sup>nd</sup> Degree Knight?**

If you are a 1<sup>st</sup> or 2<sup>nd</sup> Degree Knight and want to be a 3<sup>rd</sup> Degree Knight, we will be holding an exemplification ceremony soon (probably at the November meeting) Let the Grand Knight, Deputy Grand Knight or the Financial Secretary know you are interested!

Step back into the council..... step up to the 3<sup>rd</sup> degree..... and get involved in the upcoming year!





### Council Officers

**Grand Knight** – John Martin  
**Deputy Grand Knight** – Ralph Reuter  
**Chancellor** – Karl Grabowski  
**Recorder** – Elliot Ogden  
**Financial Secretary** – Dave Swathwood  
**Treasurer** – Greg White  
**Advocate** - Rosario Sulsentì  
**Warden** – John Proteau  
**Inside Guard** – Chris DiPasquale  
**Outside Guard** – Robert Sullivan  
**3 Year Trustee** – Ed Smith  
**2 Year Trustee** – Paul Kleponis  
**1 Year Trustee** – Ken Krewson  
**Lecturer** – Peter Stauder



### Assembly Officers

**Faithful Navigator** – Steve Cruz  
**Faithful Captain** – Don Barone  
**Faithful Pilot** – Edward Smith  
**Faithful Comptroller** – Dave Swathwood  
**Faithful Scribe** – Dave Swathwood  
**Faithful Purser** – Elliott Ogden  
**Faithful Admiral** – Rosario Sulsentì  
**Inner Sentinel** – Glenn Koch  
**Outer Sentinel** – Robert Sullivan  
**3 year Trustee** – Jim Batalitzky  
**2 Year Trustee** – John Proteau  
**1 Year Trustee** – Jack Moscato  
**Color Corps Cmdr** – Gerald Sulsentì

### Grand Knight Notes

Brother Knights,

We have a busy few months ahead of us starting with our hospitality weekend on October 19<sup>th</sup> and 20<sup>th</sup> to include the Blood Mobile on that Sunday. Reservations can be made in advance.

We also have our semi-annual Golden Ticket Raffle. Don't forget to purchase your tickets, and remember, that all proceeds will go toward Blessed Sacrament, Santo Toribio Romo and local charities.

If you haven't attended a monthly council meeting recently, please consider joining us to catch up on council business and enjoy some fellowship.

Hope to see you there!

Vivat Jesus!  
 John Martin  
 Grand Knight



### Council Administration

#### Financial Secretary

Is there anything that needs to be changed in your membership information? New phone number, Email..? Let the financial secretary know.

The financial secretary is Dave Swathwood. Email: daveswathwood@gmail.com

#### Administrative issues

Do you know of a brother that is in need of assistance? Contact the Grand Knight so we can help our Brother Knights

### Prayer Requests

- + Frank Patella
- + Jim Laria
- + Brother Mike Dybic
- + Pat Cruz (wife of Steve)
- + Priests & Deacons
- + Those who have fallen away from the church

### Recently Passed Brothers

Peter Thorne

